TORONTO metro®

THREE TO WATCH IN SOCHI

- **7 a.m.** Charles Hamelin, who won two gold in Vancouver, looks to hit the podium in the 1,500-metre short track.
- **10 a.m.** Canada competes in both men's curling and women's hockey.
- **1 p.m.** Canada looks to continue its moguls dominance, this time on the men's side. Alex Bilodeau, seen here, will look to defend his Vancouver Olympic title — and his biggest competition is Canadian teammate Mikaël Kingsbury. GREG DOWNS/FOR METRO

$30 MILLION WINNER

Roses are red 'n violets blue, girls like cash and I love you!

Enrage your date this year with a Rob Ford valentine PAGE 3

Giraffe gaffe has zoo up to its neck in controversy

Unwanted genes a death sentence at Copenhagen Zoo; meat fed to lions PAGE 6

NEWS WORTH SHARING.

Wynne called to mock trial

Social justice. Activists charge that premier has failed to uphold pledges on welfare

Anti-poverty activists are putting Premier Kathleen Wynne on trial for not living up to her pledge to make social justice her top priority.

Wynne made the commitment during her Liberal leadership campaign a year ago. But members of the Put Food in the Budget campaign, which has been calling on the government to raise welfare rates so people can afford both rent and food, say Ontario's poorest residents aren't feeling the love.

More than 1.7 million Ontarians live in poverty and 375,000 people use food banks every month, the group notes.

They are issuing Wynne a subpoena on Tuesday to appear in the "Court of Public Opinion" at Daniels Spectrum in Regent Park on Feb. 19 to explain herself.

"We don't think she is doing her job," said Windsor welfare recipient Donna LaBonte, 50, one of 15 witnesses who will appear for the prosecution. "The amount of money we are given (on welfare) is not enough to live on," she said.

Almost 900,000 Ontarians rely on social assistance. A single person on Ontario Works receives $626 a month.

The group issued subpoenas to Finance Minister Charles Sousa and Social Services Minister Ted McMeekin on Jan. 31. But neither minister will be attending the mock trial, their spokespeople said.

The eight-person jury, including an Anglican priest, a teacher, an aboriginal journalist and representatives of local social-service agencies, will hear the evidence along with about 200 members of the community.

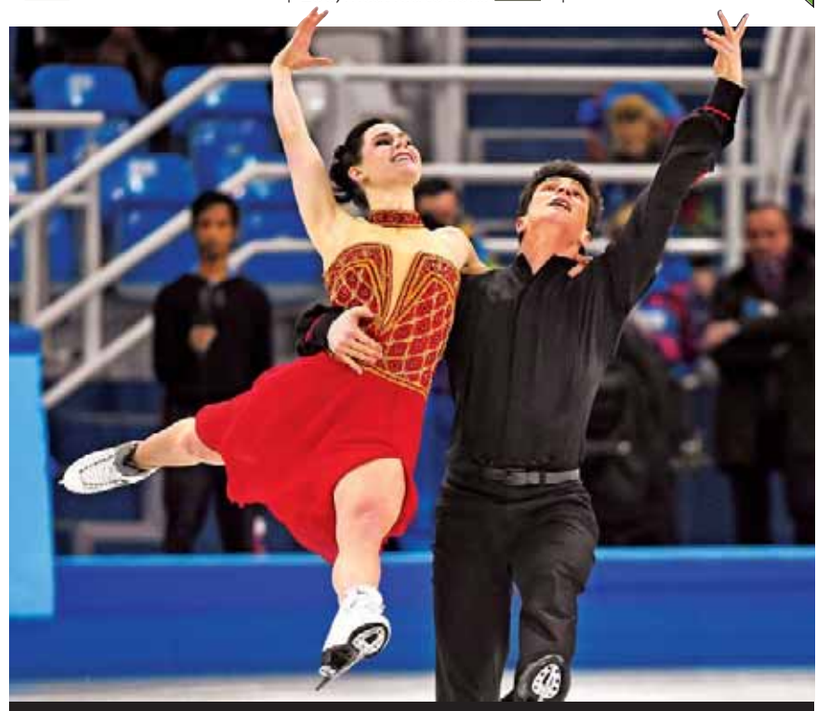
In the absence of the politicians, actors will play the roles of Wynne and McMeekin. Sousa will be represented by a stuffed doll.

TORSTAR NEWS SERVICE

Objection!

Comedian Mary Walsh is acting as special prosecutor.

- "The chasm between the rich and poor is growing deeper and deeper at an alarming rate," she said in an interview. "And nobody cares to slow down and turn around."



A TARNISHED SILVER

London's Tessa Virtue and Scott Moir perform their free skate during the ice dance portion of the team figure skating event at the Iceberg Skating Palace in Sochi on Sunday. The pair were shocked and disappointed by the result but still helped snag a silver medal for Canada. For more Olympic coverage, head to pages 19, 20 and 21. PAUL CHIASSON/THE CANADIAN PRESS

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Ford brothers

YouTube show starts Monday

With his weekly radio program surprisingly halted and his television show nixed after one episode, Rob Ford is to launch his latest effort on Monday at getting his message out with a new show on YouTube. The scandal-soaked Toronto mayor will be joined by his brother Coun. Doug Ford in hosting the online "Ford Nation" series, sharing the name of his ill-fated TV broadcast.

THE CANADIAN PRESS

Police chief

Blair ponders contract extension

Toronto police Chief Bill Blair's five-year contract is set to expire in April 2015, and that raises the question: does he want an extension? While the deadline is fast approaching when he must notify the Toronto Police Services Board, Blair isn't sharing his intentions publicly. "I still have well over a year in my current appointment and the future is a discussion I will have with my board when the appropriate time comes," Blair wrote in an email Friday.

TORSTAR NEWS SERVICE

Bill Blair

STEVE RUSSELL/TORSTAR NEWS SERVICE

Black History Month

Deanna Sgro, from left, MP Judy Sgro, Stephen Stoddart and Audrey Campbell, JCA president, at the Jamaican Canadian Association celebration of Black History Month, with a tribute to Nelson Mandela, at its 14th annual Boonoonoonoos Brunch in Toronto on Sunday. Go to page 15 for a story on Canada's little-known slave-owning history.

RENE JOHNSTON/TORONTO STAR

'Valentine, I'd take a crack at you'

Looking for that unique something?

Designer's cheeky Rob Ford valentines deliver chuckles and charm

A local designer's collection of Rob Ford-themed valentines may be just what cupid ordered.

The cheeky cards feature messages riffing on Ford's famous sayings, such as "I must have been in one of my drunken stupors … when I fell for you." Each strangely-sweet sentiment is paired with a cartoon of the scandal-plagued mayor.

"I wanted to poke a pin in the balloon of anger over the whole situation surrounding the mayor and get people laughing at the absurdity of it all," Scott Graham, the card's designer, said in an email interview.

Graham, who also makes streetcar greeting cards with lines such as: "Let me take you home," said he wants to make Toronto-themed souvenirs that aren't ashtrays or plastic CN towers.

The valentines seem to have captured the hearts of people not just in Toronto, but outside of the country as well. Graham said both Ford foes and Ford supporters have bought the cards through his website, and that he's shipped the valentines to the United States and United Kingdom.

Local stores carrying the cards can barely keep them on the shelves. The valentines, which come in packages of six, sold out at the Annex shop Juxtapose in less than five hours on Friday.

"People love them," said Krystina Plante, an employee of the store, which was known until recently as Outer Layer.

Shelley Town, owner of TOWN in Bloordale Village, said she thinks the cards are popular because the puns are done well.

"I think they're just the right tone," she said.

Other Rob Ford-themed fare, including buttons and Christmas cards, has also sold well in the store, Town said, likely because the drama surrounding Toronto's chief magistrate has yet to end.

"It is a moment," she said. "The antics continue, almost hour by hour."

A cheeky valentine based on one of Rob Ford's most famous sayings.

VINCE TALOTTA/TORONTO STAR

Graham said he hasn't heard of anyone sending Ford one of his cards, but he hopes that if they do, "they send him one of the nice ones."

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Factory owners denied bail after surrender

Bangladesh. Husband and wife face homicide charges in connection to deadly fire that killed 112 workers in 2012

Delwar Hossain, centre right, and his wife, Mahmuda Akter, left, are escorted to a court in Dhaka, Bangladesh, Sunday. THE ASSOCIATED PRESS

The two owners of a Bangladesh garment factory who are facing homicide charges for a 2012 fire that killed 112 workers surrendered to a court Sunday and were denied bail.

The factory outside the capital, Dhaka, which produced clothing for big retailers including Walmart, had no emergency exits and its location in a narrow alley prevented firefighters from responding quickly to the deadly blaze in November 2012, said prosecutor Anwarul Kabir Babul.

The investigation found that when the fire broke out, managers and security guards told workers it was part of a regular drill and it was too late for many to escape. Workers found the gates locked from outside as the fire engulfed the sprawling building, according to the investigation.

Police filed homicide charges on Dec. 22 against 13 people, including the owners of Tazreen Fashions Ltd., Delwar Hossain and his wife, Mahmuda Akter. Arrest warrants were issued Dec. 31 for six who police said had fled, including the two owners.

After Hossain and Akter surrendered Sunday, a Dhaka court rejected their bail petition and ordered them to be jailed, pending further legal procedures.

THE ASSOCIATED PRESS

Bosnia. Marchers demand release of protesters they say were beaten by police

Hundreds marched in Sarajevo Sunday to accuse police of mistreating arrested protesters and demand their release. For the fourth day in a row, demonstrators also called on the government to resign because of the nation's almost 40 per cent unemployment rate and alleged widespread corruption.

The head of the local police station, Mirsad Sukic, told a crowd that none of the 44 people who were taken in custody had been mistreated or were minors, and that all but 10 have been freed.

But 17-year-old Harun Cehajic, who claimed he is one of the freed protesters, said he and others were beaten in the basement of the station and not allowed to sleep for 26 hours.

"They destroyed us," he said.

Sunday's protesters also yelled "Let the kids go, bandits!" at police in full riot gear who stood nearby. The crowd then marched to a prosecution office where protesters still in custody are believed to have been transferred.

THE ASSOCIATED PRESS

Police secure an area in front of a burned government building Saturday. AMEL WW/THE ASSOCIATED PRESS

Kashmir

Police hunt for official charged with sex assault

Police were searching Sunday for a lawmaker from Indian-controlled Kashmir who is wanted on charges of sexually assaulting a female doctor in the Himalayan territory, officials said. An arrest warrant for Shabir Ahmad Khan was issued on Saturday based on a complaint filed last week. THE ASSOCIATED PRESS

Russia

Nun killed after man opens fire in cathedral

A man opened fire Sunday in a cathedral on Russia's Sakhalin Island, killing a nun and a parishioner and wounding six, investigators said. Officers detained the man and were trying to determine why he attacked the Russian Orthodox cathedral in Yuzhno-Sakhalinsk.

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Teen Athlete's Sight Restored

Former Team Canada gymnast receives cornea transplant and resumes active life

At 13, Alysa Samaratunga's life was full of promise. A talented gymnast from Vancouver, B.C., she spent 40 hours per week in training and travelled the world winning medals for Team Canada. Her goal was to participate in the 2012 London Olympics. But all that changed in – what one could say was – a blink of an eye.

"I woke up one morning with an eye infection," remembers Alysa. "I'm not sure what set it off, maybe bacteria behind my contacts, maybe from a hot tub."

It started as itching and soreness and soon become debilitating. As the infection grew, Alysa's pain became almost unbearable and her right eye went cloudy white. Alysa's mom, Kate Samaratunga, could see that the infection was spreading and that her daughter was suffering. With continued insistence, Kate had Alysa seen by an ophthalmologist. The infection cleared by putting drops into the eye every 15 minutes for three days. But by this point, Alysa had lost vision in the eye. For four months following the infection, which was diagnosed as Pseudomonas aeruginosa, Alysa was out of commission. With no depth perception, her Olympic dreams died.

Alysa adjusted to life with sight in only one eye, but as a former athlete and as a teenager, there were many normal, everyday things she could not do. "I would try to pour a glass of milk and I would miss the glass," Alysa recalls. And she knew she couldn't get her driver's license. Her only hope to resume a normal life was a cornea transplant.

"At any given time, more than 2,000 people may be waiting for transplants across Canada and wait times can vary from four or five months to three years," says Dr. Guillermo Rocha, a Manitoba cornea transplant surgeon and a member of the Canadian Ophthalmological Society.

Alysa Samaratunga, from Vancouver, B.C., is thankful for the cornea donation that restored sight in her right eye.

Although Dr. Rocha observes that cornea waitlists have improved slightly over the past few years, he asserts that Canada still needs a national strategy on organ and tissue donation and transplantation. Wait times vary widely across the country and cornea transplant surgeons typically manage their own wait lists. It's not that corneal tissue is particularly hard to come by; in fact, it's quite the opposite. "Of all the types of transplantations, I would say cornea transplant is the easiest," Rocha says. "You basically want a cornea that is healthy." Individuals who are near- or farsighted, for example, are still good candidates as cornea donors.

"The sad thing is that we know if we were elsewhere, like in the United States or even India or Colombia, they would be getting corneal tissue within two weeks," says Rocha. Waiting lists are almost nonexistent in other countries, including the U.S. and the U.K. "You can schedule a surgery there and you know a cornea will be available."

Alysa had her transplant at Mount St. Joseph's Hospital, Vancouver within 18 months of the initial infection and it changed her life. She is now in her last year of high school and is looking at a career in business. She's obtained her driver's license and re-entered the sports arena through competitive cheerleading.

"I am so thankful for the opportunity at having full sight again," says Alysa. "It's allowed me to live my life to the fullest without the limitations. I'm so grateful to the donor and I want the family to know I will make the most out of my second chance at full sight. My condolence goes out to the family who lost their loved one and I thank you for giving me the gift of sight again." Public opinion polls conducted by Canadian Blood Services have shown that 95 per cent of Canadians support the idea of organ and tissue donation. But only 51 per cent say they are willing to donate their organs and only 39 per cent say they are willing to donate their tissues.

There are not enough eye donors in Canada to meet the needs of Canadians, and new patients are being diagnosed and added to the waiting lists. Thousands continue to suffer from corneal blindness while they wait for a donor. Corneal blindness can be the result of injury, infection or disease. Eye donation is an opportunity to restore the sight of Canadians suffering from corneal blindness, and allow them to live a fuller life. Most people can become an eye donor. People who wear glasses can donate in most instances and individuals with cancer or diabetes may become eye donors.

"Families find comfort in knowing their loved one's last act was to give the gift of sight and life through eye and organ donation," says Dr. Martin McCarthy, Alysa's surgeon. "Please talk to your family about your wish to be an eye donor."

One donor can restore sight for two people and potentially help many more people in the transplantation of other organs and tissues. Sign up today. The ways to register or declare your intentions to donate vary from province to province. Go to **organsandtissues.ca/donate** and click on your province to find out how to become a donor.

Insight

The facts about cornea tissue, transplants and wait times

Blindness and vision degeneration due to conditions affecting the cornea are treatable. With cornea transplants, vision can be restored. But as shown by statistics (see below), the wait for transplants in Canada can be long and the effects of vision loss are grave.

An estimated 2,000 Canadians are waiting for a cornea transplant. Transplant wait times in Canada can vary from four or five months up to three years.

There are eight eye banks in Canada, excluding the province of Quebec.

Financial and societal costs of vision loss are significant.* People with vision loss typically experience the following:

- twice the risk of a fall or premature death
- low income — the employment rate of working-age adults with significant vision loss is only 32%, and 50% of adults with vision loss live in poverty
- more medication errors
- two to five times as much difficulty with daily living
- three times as much clinical depression
- twice as much social dependence

* "The Cost of Vision Loss in Canada," CNIB and the Canadian Ophthalmological Society, 2009

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Zoo giraffe killed, genes not wanted

The carcass of Marius, a male giraffe, is eaten by lions after he was put down at the Copenhagen Zoo on Sunday.
POLFOTO, RASMUS FLINDT PEDERSEN/THE ASSOCIATED PRESS

Copenhagen Zoo.
Too many giraffes with similar genes in breeding program – male put down, fed to carnivores

Copenhagen Zoo turned down offers from other zoos and $680,000 from a private individual to save the life of a healthy giraffe before killing and slaughtering it Sunday to follow inbreeding recommendations made by a European association.

The two-year-old male giraffe, named Marius, was put down using a bolt pistol and its meat fed to carnivores at the zoo, spokesman Tobias Stenbaek Bro said. Visitors, including children, were invited to watch while the giraffe was dissected.

Marius' plight triggered a wave of online protests and renewed debate about the conditions of zoo animals. Before the giraffe was killed, an online petition to save it had received 20,000 signatures.

Stenbaek Bro said the zoo, which has seven giraffes left, had received a recommendation to put down Marius by the 347 member European Association of Zoos and Aquaria because there were already a lot of giraffes with similar genes in the breeding program.

Copenhagen Zoo turned down an offer from an individual who wanted to buy Marius; a spokesperson said zoos don't own the animals.

THE ASSOCIATED PRESS

Vienna. Iran, UN agency agree to expand probe into nuclear activities

The UN nuclear agency says Iran has agreed to let the agency expand its probe of Tehran's nuclear activities.

The UN's International Atomic Energy Agency says the two sides signed off this weekend in Tehran on "seven practical measures" to be implemented by Iran by May 15.

The IAEA statement gave no details Sunday.

The agency suspects that Iran worked secretly on nuclear arms, something Tehran denies.

Their investigation has been stalled for more than six years.

But the IAEA hopes to make progress under an agreement signed with Tehran in November that foresees a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Co-operation

7

Iran has agreed with the UN's nuclear agency to "seven practical measures" to be implemented by Iran by May 15.

The talks are separate from negotiations between Iran and six world powers on Tehran's known nuclear programs.

But both Iran and the IAEA spoke of progress in a process that the agency hopes will unroll as a step-by-step approach to unresolved questions, starting with less sensitive issues and progressing to the arms-related queries.

Nuclear physicist Yousaf Butt was quoted as welcoming the agreement as a "positive development."

THE ASSOCIATED PRESS

H1N1 virus

Egypt hit hard by swine flu

Egypt's Health Ministry says the number of people killed by swine flu in the country since December has reached 38.

In a statement Sunday, the ministry said that more than 1,300 people have been hospitalized after being infected by the virus.

On Tuesday, the government reported 24 deaths from the virus.

In 2009, the global swine flu pandemic prompted Egyptian authorities to slaughter around 300,000 pigs previously used to dispose of the city's organic garbage. However, Jason McDonald, of the U.S. Centers for Disease Control and Prevention, has said that the virus is now most often transmitted from human to human, and not through contact with pigs.

THE ASSOCIATED PRESS

Pressure continues to mount in Ukraine

Riot police block a street, the Museum of the Ukrainian Arts in the background, in central Kyiv, the epicentre of the country's current unrest, on Sunday. Ukraine's security agency warned yesterday of a heightened risk of terrorism, including from the anti-government protests. The warning raised the pressure on the opposition as parliament tries to find a way out of the crisis. EFREM LUKATSKY/THE ASSOCIATED PRESS

Execution won't bring closure: Victim's father

Jimmy Ryce case. His son's killer being put to death won't be a panacea for Don Ryce

Don Ryce talks to a reporter in Miami in this Feb. 5 photo. Juan Carlos Chavez, 46, who kidnapped, raped and murdered nine-year-old Jimmy Ryce 18 years ago, is scheduled to be executed Wednesday. ALAN DIAZ/THE ASSOCIATED PRESS

In the 18 years since nine-year-old Jimmy Ryce's rape and murder, his father and his mother, before her death, tried to alleviate the pain of their family's tragedy by working for society's good. They pushed for new laws regarding confinement of sexual predators and worked to improve police procedures in missing child cases.

But with the killer's scheduled execution set for Wednesday, Don Ryce said the death of Juan Carlos Chavez will finally bring some measure of justice. Barring a successful last-minute appeal, Chavez is scheduled to die by lethal injection at Florida State Prison in Starke.

"People sometimes say that will bring you closure. There is no such thing as closure, hate that word. It doesn't resolve everything for you. My child will not suddenly come back if Chavez is executed," said Ryce, a 70-year-old retired labour lawyer. "But it's important to close that chapter out in my life and to feel like justice has finally been done for my son."

Ryce said in a recent interview that in the years since Chavez was arrested for Jimmy's slaying he felt "the universe is a little bit twisted" because he has also lost his wife, Claudine, and daughter Martha while Chavez remained alive.

Chavez abducted Jimmy at gunpoint after the boy got off a school bus on Sept. 11, 1995, in rural southwestern Miami-Dade County. Trial testimony showed Chavez, who worked on a local ranch, raped the boy and then shot him when he tried to escape, dismembering his body and putting the parts in planters that were then covered in concrete.

Despite an intensive search by police and volunteers, regular appeals for help through the media and distribution of flyers about Jimmy, it wasn't until three months later that Chavez's landlady discovered the boy's book bag and the murder weapon — a revolver Chavez had stolen from her house — in the trailer where Chavez lived. Chavez later confessed to police and led them to Jimmy's remains.

Ryce said he and his wife became determined to turn their son's horrific slaying into something positive, in part because they felt they owed something to all the people who tried to help find him. They also refused to wallow in misery. THE ASSOCIATED PRESS

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Unfriendly skies? Rude staff, poor communication rile airline passengers

A passenger alleges that Air Canada agents laughed at him and refused to help after a delay caused him to miss a flight. Another customer claims he was notified via email that his flight had been cancelled — four days after the scheduled trip. And 13 people say they missed flights after Air Canada changed its check-in time for domestic travel from 30 to 45 minutes.

These are some allegations contained within nearly 400 air travel complaints obtained by The Canadian Press through an Access to Information request. The complaints were filed with the Canadian Transportation Agency (CTA) between January and August 2013.

In its annual report, the federal agency notes that the total number of complaints it received against both domestic and foreign carriers has increased in the past year.

The aim of the agency's informal complaint process is to ensure that airlines are operating in line with the rules set out in their tariffs, the written guidelines that outline how passengers should be treated.

Passengers-rights advocate Gabor Lukacs, seen in Halifax on Jan. 23. ANDREW VAUGHAN/THE CANADIAN PRESS

But the agency doesn't award damages to passengers — something that passenger rights advocate Gabor Lukacs says would help deter airlines from breaking the conditions of their contracts.

"Right now the worst case scenario is that CTA will order them to pay the passenger," says the Halifax-based mathematician. "Given that the agency refuses to award costs, there's no risk for the airline."

THE CANADIAN PRESS

'Canadian Idol' doctor to stand trial for terrorism

Terror suspect Khurram Syed Sher, who was arrested in August on terrorism charges related to an alleged bomb plot, leaves the Ottawa Courthouse after being granted bail in 2010. SEAN KILPATRICK/THE CANADIAN PRESS

Attack was months away: RCMP. Khurram Syed Sher faces charges related to alleged plot that stretched from Ottawa to the Mideast

More than three years after his arrest, a man who once auditioned for Canadian Idol will face trial on a terrorism charge.

Khurram Syed Sher, a doctor of pathology from London, Ont., is to be tried by a judge alone in an Ottawa courtroom.

Sher, 31, was charged along with two other men in August 2010 with conspiracy to facilitate terrorism.

Following the sensational arrests, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

International effort

An undercover source working for Canada's main spy agency and sensitive intelligence from the U.S. and U.K. helped build the case against the alleged conspirators, court documents indicate.

Police claimed the alleged plot stretched from Ottawa to Afghanistan, Dubai, Iran and Pakistan. A senior RCMP officer said at the time that an attack was still months away, but that the plotters were moving into a preparatory phase.

The McGill University graduate, who has been free on bail, worked as an anatomical pathologist at St. Thomas Elgin General Hospital in St. Thomas. He made international headlines shortly after his arrest when it emerged he had once sung and danced on the Canadian Idol program.

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HOW TO ROLL
Alison Griffiths
metronews.ca

Inversions, helix turns and barrel rolls are vomit-inducing delights courtesy of the world's scariest roller-coasters. But you don't need to travel to Cedar Point, Ohio, for a dose of fear. Just being invested in the stock market of late will suffice.

Daily triple-digit losses are starting to be almost normal. The S&P/TSX Composite has been gyrating between 12,000 and nearly 14,000 over the past year. The U.S. S&P 500 has been similarly volatile, especially in the last month.

Anemic next-day recoveries throughout January made the dips appear to be normal profit-taking after a strong 2013. But last Monday's more than two per cent trouncing felt like the beginning of a rout.

With RRSP season upon us, investors are wondering whether to retreat to the safety of cash, lest a 2008-09–style crash devastate retirement accounts. Those who made that move before the financial crisis was upon us — and then got back into the stock market at the bottom — did brilliantly. But hardly anyone got that bet right.

I don't believe in staying the course and waiting out volatility. Rather, everyone should take a hard look at holdings before investing more money. Automatic investment plans are great conveniences, but they tend to put one in, well, automatic mode.

Before doing anything this RRSP season, look at your equity/fixed-income ratio or asset allocation. Chances are equities have risen as a percentage of the portfolio because of the 2013 market run.

Don't let that continue. Funnel new contributions into fixed income or adjust your automatic investment plan away from equities.

The market has been on a wild ride this year. GETTY IMAGES

U.S. jobs data dips

Another thing to pin on the polar vortex?

It could be another volatile week on stock markets as traders are again forced to weigh the distorting effects of harsh winter weather on U.S. employment data.

Markets ended last week positive, with the TSX up 0.67 per cent and the Dow industrials ahead 0.6 per cent, as traders tried to make the best of January employment data showing the U.S. economy created only 113,000 jobs against the 180,000 that had been expected. That followed a meagre 74,000 gain in December, another month of harsh weather.

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TIME TO SWEAT THE SMALL STUFF

URBAN COMPASS

Matt Elliott
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When I tell people I write about Toronto City Hall, they invariably want to talk to me about city hall. And, of course, complain about city hall.

What's interesting, though, is that the angriest complaints I hear from Torontonians aren't about the big-ticket issues that get the spotlight. Sure, people like to gripe about transit or taxes or, sure, Mayor Rob Ford, but more commonly, people are frustrated with more localized issues that don't receive much coverage.

They're sweating the small stuff.

Take, for example, the problem of utility work coordination, which it seems virtually everyone can relate to. It starts like this: a crew shows up and starts digging up your road or sidewalk. They could be with the gas company or the cable company, but it hardly matters to you because the result is the same: there's an annoying hole in the street.

Eventually the hole gets patched up, but then, a short time later, another truck appears, and — surprise! — starts digging the same hole all over again.

Behind the scenes, there are all sorts of reasons why something like this might happen. There's at least a half-dozen companies doing utility work in this city. And they don't communicate very well. Plus, the city's utilities are old, and not perfectly mapped, so digging up any given street brings all kinds of unexpected problems that require unscheduled fixes.

But those kinds of excuses don't change the fact that watching a hole get dug, refilled and then dug again seems incredibly illogical and wasteful.

There has to be a better way to do things.

The same goes for a host of other smaller-scale issues that are frequently the subject of complaints. People want to know why, for example, it's hard to get any advance notice of construction projects that'll impact their neighbourhood. And they want to know why the final version of projects never seem to fully match their initial renders or budgets, as if Toronto's execution can't match its ambition.

There's more, too. They want to know why all the garbage cans in city parks were replaced by ugly plastic bins. And they want to know why registering a kid for a city-run recreation program requires parents to enter themselves in a high-stakes race against time.

I could go on. There are countless examples. Some of them may seem inconsequential, but any credible mayoral candidate needs to consider this stuff. Because it's what people are talking about. For many, municipal elections aren't about the cost of government but about the value they seem to get from it. Elections are about making government — and the city — work just a little better. Find ways to do that and we'll all have fewer things to complain about.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Since it's not in the Olympics yet ...

CLEMENT ALLARD/THE CANADIAN PRESS

Cheese trumps insurance at Carnival

Team Fromagerie Ile aux Grues, pictured in red, won the ice canoe race on the St. Lawrence River as part of Quebec's Winter Carnival activities Sunday in Quebec City. Team La Capitale insurance, in blue, finished second.

Ice canoeing started as a gruelling, dangerous, necessary means of transportation to cross the frozen Saint Lawrence River during the winter. The legend is that the racing began as a competition between families for the contract to deliver the mail. Now there's several regular annual races, including at Quebec City's Carnaval de Quebec, the biggest Winter Carnival in the World. More than 40 teams compete, struggling with the powerful current, great chunks of ice and numbing water.

Other Carnival activities for the 17-day festival include night parades, ice fishing, concerts, snow sculptures, slide runs, horse-drawn sleigh or dogsled rides, skating and a giant foot ball game.

THE CANADIAN PRESS/ CANADACOOL.COM

Sorry, Sochi

The race is the main event of the carnival. The teams race across the St. Lawrence River from Quebec City (Basin Louise) to Lévis, and back. The St. Lawrence is the only place in the world where this sport is practised.

WE ACT:
CANADA DOES GOOD

Q&A with an inner-city community builder

CONTRIBUTED

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

Who: Jamil Mahmood, grassroots community development leader
Where: Winnipeg, MB
What: Community leader
Why: "When you make little steps at the community level, it has a lot of impact."

Nine years ago, Mahmood's passion for community development led him to Winnipeg's public gardens to co-ordinate summer programs for the Spence Neighbourhood Association. There, he met many youth and learned about the challenges they faced and the dialogue they wanted to start around improving their community. They just needed an activity to get the ball rolling.

So Mahmood started a soccer program. What started as kids kicking a ball around a field has grown into the inner city's largest sports program—one of many community initiatives he oversees.

What's the first step of getting involved?
"Getting to know people. Before I started doing work with community members, I always got to know what they're about. Hearing families' stories and challenges was eye-opening."

Most rewarding part of your work? "Last year a youth that played on our first-ever team got a full-ride basketball scholarship to the University of Victoria. When you give kids an opportunity to play and they run with it, you know you're doing something right!"

CRAIG AND MARC KIELBURGER

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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Addison Timlin and Anton Yelchin star in Odd Thomas, part of the Sinister Cinema series. CONTRIBUTED

That odd thing called love

Addison Timlin. Actress talks about her leading lady role in the Dean-Koontz-penned Odd Thomas

CHRIS ALEXANDER
scene@metronews.ca

There's something odd about Odd Thomas, both the film and the same-named protagonist played by Fright Night's Anton Yelchin.

The eerie, lively and amusing supernatural adventure (which opens this Friday in Canada and is directed by The Mummy's Stephen Sommers) is an adaptation of the celebrated cult novel by horror-meister Dean Koontz in which sweet-natured short order cook Odd uses his uncanny ability to "see dead people" to avenge ghosts, battle a human fungus and save the world.

But behind every good monster-hunting man is a good — and tolerant — woman, and Odd's main squeeze is the lovely Stormy Llewellyn played by the equally lovely Addison Timlin (Zero Hour). Playing a beloved character with literary origins wasn't a task taken lightly by the 22-year-old actress.

"First and foremost," Timlin says, "you have to share the character."

"Stormy was not my own, I had to create a version of her. I had to find a way to capture how lovely her spirit was and I did read the books. There was plenty of highlighting and tons of notes. And since Anton helped find his character by training with a real fry cook, I ended up working at an ice cream parlor in New Mexico. Seriously."

Such dedication to sculpting a multidimensional character in an effects-heavy supernatural horror-drama is to be commended. The result of both Yelchin and Timlin's methods is a palpable on-screen romance that — although never really explained — is genuinely moving, a rare chemistry that is refreshingly bereft of exposition.

"It's really very simple," says the actress. "We all decided that when you're really in love, your whole world becomes that thing, two people who really understand each other, who have certain attributes of each others' personalities in each other, who have this rapport with each other.

"I'm a sucker for romance in any case and that's what drew me to the film first and foremost, its love story."

And for those viewers cautious of watching an intimate dark fantasy drama helmed by one of Hollywood's most indulgent directors (Outside of The Mummy films, Sommers also directed the bloated Van Helsing and G.I. Joe), Timlin assures that Sommers had complete control.

"I think people forget that before The Mummy, Stephen was a writer first. He has a good eye for moments between people and a genuine love for storytelling. And Dean Koontz loves the movie, which should tell you something!"

Sinister Cinema

Odd Thomas is part of Cineplex's Sinister Cinema series. For more information on screening times and locations, visit cineplex.com.

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MIND THE APP
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RoboCop is all about the suit

Tickled by tech.
Canuck actors talk about working on set and the real-life parallels in the film

Actors Gary Oldman and Joel Kinnaman pose with RoboCop. CONTRIBUTED

The '80s classic RoboCop gets a movie makeover this week with a slew of modern-day visual effects, but the star of the film is still that heavily armoured suit, say two of the reboot's Canadian co-stars.

The beloved action flick returns Wednesday with Joel Kinnaman in the leading role of Alex Murphy, a critically injured cop who is transformed into a human-robot hybrid by a corporation bent on reinventing law enforcement.

As in the original, the action is set in a futuristic crime-ridden Detroit, with Alex serving as a reluctant prototype for OmniCorp's profit-driven plans.

Toronto-bred co-star K.C. Collins says performing opposite a fully encased Kinnaman — who was forced to wear a costume weighing roughly 20 kilograms — was "very intense" and "very intimidating."

"The suit is still the suit," says Collins, who plays a street-smart fellow cop.

"The suit is still hardware, it's tangible in this film, it's not something that's, like, throw a few (motion capture) dots or whatnot and then go create it on the computer. I was able to touch this suit, so that was pretty incredible."

As a fan of the original 1987 film, Collins says he was glad to be just as impressed with the eye-popping visuals as he was when he was a kid.

He recalled watching the film's Swedish star, best known in North America for starring in The Killing, enter his trailer as a regular guy but emerge as a deadly machine.

"It was weird to see how one can be transformed in front of your eyes into a superhero," says Collins, who added that he had not yet seen the final film.

"That was incredible. We deal a lot with green screen and whatnot in this business, but to really see him put on this suit ... it was incredible. That was interesting for me as an actor who's seen a lot — to still be amazed. That's always the best feeling."

The action takes place in 2028, but the science on display is all very plausible, says fellow Canuck co-star Patrick Garrow, who marvelled at advances in day-to-day technology since the original film debuted in 1987.

But despite all the cool tools on display, this is not just a blow-'em-up action flick, he adds, noting that the deeper social themes that endeared the first RoboCop to fans and critics alike were maintained.

He says Brazilian director Jose Padilha strove to touch on the same social, moral and political questions that bubbled under the surface of the Paul Verhoeven version, which starred Peter Weller.

"Sure, they were trying to make a movie that would entertain you — obviously it's a big blockbuster — but they also had lots of other things on their mind," says Garrow, who plays a villainous arms dealer.

"There are some very prescient themes that you inevitably touch on. What is it if a country sends robotic soldiers into battle? ... Should we roboticize policing?"

Collins, who splits his time between Toronto and Los Angeles, says this movie is meant to spark ideas.

"They make you think and dream and say, 'Wow, maybe one day that would be kind of cool' or 'That would be kind of terrible,' whatever the situation," says Collins, who also appears in the sci-fi series Lost Girl.

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Shia LaBeouf makes a statement at the Berlin Film Festival. GETTY IMAGES

LaBeouf: Now plagiarizing for press conferences, too

Welcome to the deep end, Shia LaBeouf. The actor, who has had quite the time of it these past few months, is racking up more weirdness points after showing up at a press conference for Nymphomaniac in Berlin on Sunday looking filthy, "missing a lower tooth," and then storming out after uttering a nonsensical quote. Oh, and then he showed up on the red carpet with a bag on his head.

And all of this was after he almost got into a fight with three "fans" in a hotel lobby on Saturday after they tried to take his picture.

So, let's backtrack a bit: In December, it was discovered that LaBeouf's new short film, HowardCantour.com, was basically lifted from a 2007 comic by Ghost World author Dan Clowes. A huge firestorm erupted. LaBeouf took to skywriting to apologize, inscribing, "I'm sorry Daniel Clowes" over Los Angeles on New Year's Day.

Now back to the Nymphomaniac press conference. LaBeouf appeared next to his costars Christian Slater, Stacy Martin, Uma Thurman and Stellan Skarsgård beat up, dirty and, yes, missing a tooth.

Someone then asked him this softball question: What did he think about doing a movie with so many sex scenes? He paused several beats, then replied, "When the seagulls follow the trawler, it's because they think sardines will be thrown into the sea. Thank you very much." He then left the room while his costars looked on and then softly applauded.

At first, everyone thought that LaBeouf actually said something not plagiarized for once, but that dream was quickly erased. Turns out, LaBeouf's line was borrowed from French soccer player Eric Cantona, who baffled reporters with it in the mid-1990s following his suspension for a flying kick on a heckler.

Later on Sunday, LaBeouf showed up on the red carpet with the bag on his head. Because, well, why not? Look, LaBeouf. Not sure what is going on here, but we've already suffered through the antics of Joaquin Phoenix, and that's enough for one decade.

WITH FILES FROM THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Poor Paltrow gets the push from her neighbours

STARGAZING
Malene Arpe
scene@metronews.ca

Gwyneth Paltrow is selling her London house, reportedly because all the neighbours dislike her. That is such a mean, terrible lie. She's being forced to move because the neighbours all refuse to wear organically sourced cotton and it hurts her eyes.

J.K. Rowling says that she very much regrets Hermione and Ron's romantic relationship and that she now believes Hermione should have ended up with Harry. It's infuriating and upsetting news but, fortunately for everybody, those people DON'T EXIST.

Queen Elizabeth has reportedly told Duchess Kate to lower her hemlines and to start wearing more traditional jewelry such as tiaras. Not because the Queen really cares, but it's the little things that keep life fun.

A new study shows that the earning power of actresses starts declining at age 34, while actors reach their financial peak at age 51. Before you get your lady-undies in a knot, please remember that 51 is the age when the mistresses, the cars and the pinky rings start getting really expensive, so it's really only fair.

Bradley Cooper's girlfriend Suki Waterhouse is the new face of UGGs. So many questions! Did she get the gig because of fame-adjacency? How much will she earn? If UGGs need a face, does that mean my hat needs a foot?

Valentino left holding the bag for photo promo gaffe

The fashion house Valentino has apologized for touting in an email blast to journalists that one of their pricey bags was carried by Amy Adams as she stepped from a car at the wake of Philip Seymour Hoffman.

Much was made of the promotional email sent Friday, complete with two photos of Adams outside the Thursday wake. Valentino said in a statement that quickly followed that the company didn't realize the photos were snapped at the sad gathering of loved ones for Hoffman, who was found dead Feb. 2 of an apparent heroin overdose in his apartment.

Hoffman, 46, co-starred with Adams in The Master and both his wake, and funeral the next day, were attended by numerous celebrities, Adams included. "We sincerely regret releasing a photo to the media ... of Amy Adams with a Valentino Bag. We were not aware the photograph was taken while she was attending the wake of Philip Seymour Hoffman. It was an innocent mistake and we apologize to Ms. Adams who was not aware, or a part of, our PR efforts," said the regretful statement signed by Mona Swanson, vice-president of communications for Valentino USA. THE ASSOCIATED PRESS

Valentino is under fire for sending out a photo of Adams carrying one of the company's bags at Philip Seymour Hoffman's wake. THE ASSOCIATED PRESS

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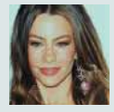
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This season, would you please pass the catch-up?

Leave that loan alone. When it comes to your RRSPs, 'tis nobler to stock up on contributions than to borrow that cash

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Every RRSP season I get a slew of letters from people who want to ask me about borrowing money to catch-up unused RRSP contribution room. Their bankers have convinced them to borrow big-time to catch up on all the RRSP contributions they hadn't made.

I thought this might be on more than one person's mind since it's RRSP season and the marketing material is flying in the door at a wicked clip. Remember that by its nature, marketing material is designed to show you the positive side of a strategy so you'll want to take advantage of the "offer." But not all offers are worthy of your attention.

Let's take the case of Nancy, who wants to borrow $45,000 to catch-up her unused RRSP room. When I brought up Scotiabank's calculator, the default interest rate was 7.5 per cent. Nancy plans to repay $530 a month.

It's that time of the year again and you're itching to make an easy go of your RRSPs. Avoid a quick solution and pack your piggy bank instead. ISTOCK

That's gonna cost ya

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.
Gail Vaz-Oxlade

Assuming Nancy applies her tax refund — Scotia's calculator says it'll be $15,750 — to her catch up loan, it will take Nancy 10 years to get out from under this debt and it'll cost over $7,000 in interest by the time the loan is repaid, assuming her interest rate does not go up one iota over the next decade. Hmmm. I wouldn't take that bet!

But hang on a second. That tax refund might not be right. Since we pay tax on a sliding scale, as the deduction is applied, Nancy's marginal tax rate might go down so that instead of getting a $15,750 refund, she ends up with less.

The calculator doesn't take that into consideration, nor do most of scenarios in those marketing brochures. The result is that people get back less in taxes than they imagined and get stuck paying back their loan for longer.

Do I think this is a good idea? I DO NOT.

If interest rates go up, Nancy could find her higher payments putting more pressure on her budget, since the loan rate is only fixed for the first year.

And with a loan repayment eating up a large slice of her budget pie, will Nancy be able to afford to make her regular RRSP contributions? If the answer is "No," at the end of the catch-up loan she would have to catch up the contributions she didn't make while she was repaying the loan. Sounds like a catch-22 to me.

Here's an option Nancy might want to consider. She could set up a monthly investment plan and contribute the amounts she would have paid on the loan to her RRSP. It may take a little longer to catch up, but she would have no interest costs. All her money will be working for her instead of making a bank even more profitable.

I'm not a fan of catch-up loans. I think they play into people's needs for immediate gratification. And that immediate gratification comes with a hefty price tag in terms of the interest cost.

Saving and investing are long-term, slow and steady propositions. If you want to catch up your RRSP unused contribution room, trim back on your expenses or make enough extra money to sock away what you want. Don't borrow it.

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Slavery myths in Canada

Myth No. 1

Slavery never existed in Canada, right?

Many Canadians are under the assumption that slavery never existed in Canada (or not at the same levels found in the U.S.), which is false.

The first recorded slave to arrive in Canada was a six-year-old boy named Olivier le Jeune from Madagascar in 1628. Most slaves were imported from other British colonies and the Americas.

Myth No. 2

Canada was the first to abolish slavery before other parts of the world followed suit.

Politicians enacted legislation in 1793 that set limitations on slavery in the country. The 1793 bill meant anyone born a slave would secure his freedom when he turned 25. At the time, the average lifespan of a slave was 20 to 25 years. But slavery wasn't officially abolished until 1833 when Britain abolished it.

Myth No. 3

Weren't all black slaves who escaped to Canada from the U.S. afforded all the civil liberties enjoyed by other European Canadians?

Despite the warm and fuzzy images and scenes displayed in most current-day slave narratives, black slaves who escaped to Canada faced discrimination, violence and segregation. Unlike racist legislation, like the Jim Crow laws, passed in the U.S., Canada had largely unwritten racist codes, which many could argue made it more difficult for black people in Canada.

Myth No. 4

Slaves who escaped north lived out the rest of their lives in Canada.

Some former slaves left Canada for the U.S. once slavery was abolished in America to escape difficulties in Canada and for chances at upward mobility afforded to them by moving to cities with higher black populations. Entire generations of black Canadians were completely lost to Canadian history by moving to the U.S.

TAKARA SMALL

This painting, originally entitled Portrait of Negro Slave, is one of very view public pieces of art that depicts a black Canadian slave. COURTESY MONTREAL MUSEUM OF FINE ARTS

Canada's unknown slave-owning past

Black History Month. Historians believe about 5,000 slaves were brought to the country. Their stories are often left out of the history books

Quoted

"The legacy of the underground railroad is positive and empowering but what that legacy does is that it blinds us and obscures the other things that were going on before the railroad. We had slavery in Canada, it just ended sooner."

Rosemary Sadlier, a descendent of Canadian slaves

TAKARA SMALL
life@metronews.ca

You've heard this story before: A group of slaves escape for freedom in the middle of the night.

But here's the twist: These slaves weren't running toward Canada. They were running away from it — fleeing from Canadian slave owners and headed for freedom in Detroit.

While American slavery is having a moment in Hollywood thanks to the Oscar-nominated film 12 Years a Slave, the story of Canadian slaves — whose lives were as unjust and inhumane as those in the south — has largely been ignored.

"We tend to think of it as 'not in my backyard' myth about slavery," says Delorean Kilen, project coordinator at the Ontario Black History Society. "People don't remember that slavery existed here because we've been 'slave-free' longer than the U.S."

Slavery existed in Canada for more than 200 years and was officially abolished 30 years before the Emancipation Proclamation order was issued by U.S. President Abraham Lincoln.

Historians believe there was an estimated 5,000 slaves who were forcibly brought to Canada, either directly as property, or shipped through the trans-Atlantic slave trade from other British colonies.

In 1793, Upper Canada outlawed importing slaves and the practice was officially abolished in 1833 alongside the rest of the British Empire.

"It's something that people don't want to talk about and are not comfortable talking about," says Natasha Henry, a historian and educator. "Slavery was used as a tool for both (British and Canadian) colonies.

"By ignoring that, we're not portraying a complete history of Canada."

Rosemary Sadlier is one of many Canadians whose roots reach back to pre-Confederation. Her mother's family can be traced to 1840, while her father's ancestors arrived in New Brunswick in 1793.

"Everyone assumes that everyone who is black is a recent immigrant, but there are thousands of black Canadians who have been here since the founding of the country," says Sadlier, an author and recipient of the Order of Ontario.

"In my younger years I didn't come away with a real sense of my family's historic contributions to this country and I think there's a way that we are made to feel to various measures that we aren't the same, we haven't paid our dues, we're visitors in someone else's country," she says. "When you have something like black history, it changes all of those stereotypes because you can't be an unwelcome visitor in a country that's your own."

Charmaine Nelson, an art historian and professor at Montreal's McGill University, believes a heavy dose of corrective action is needed to educate people who see slavery as only an American experience.

"We don't ever want to take credit for slavery in Canada so we have to keep it out there in the tropics or the U.S.," she says.

Photos and portraits that depict slavery in Canada are not easily found or publicized, which adds to the difficulty Nelson and other educators have when talking and teaching the public about this stain on our nation's history.

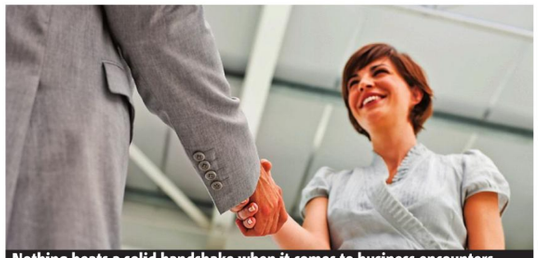
A painting originally called Portrait of Negro Slave is one of the few items that gives a face to slavery in Canada. The name of the portrait was controversially changed to Portrait of a Haitian Woman.

"The renaming in effect expels slavery from Montreal and Quebec, rendering it only a troubling history of tropical colonies like Haiti and not one of immediate concern to Canadians," said Nelson.

Start school with class

On-campus etiquette. While working hard for those As and Bs, it's important to brush up on your Ps and Qs

LASSE EMIL KRISTIANSEN
Metro World News


Nothing beats a solid handshake when it comes to business encounters.
ISTOCK

Don't look sloppy, be nice to your fellow students and greet people with a firm handshake. These simple rules might seem obvious, but they're certainly not on the syllabus. In her book The Essentials of Business Etiquette: How to Greet, Eat and Tweet Your Way to Success, Barbara Pachter will guide you through your studies without looking ignorant or unprofessional.

When is it appropriate to tweet your professor?
Usually professors let their students know the best way to reach them, including whether sending a direct message is appropriate. If a professor doesn't say anything, you can always ask.

Is it ever appropriate to friend request your professor on Facebook?
Before you send a request, ask yourself: "Do I really want my professor to read my posts?" Plus, professors will often express their opinions about connecting with their students on social media. One professor tells her students that she will only connect with them on LinkedIn, and only after the semester has ended. My students can like my business Facebook page.

What is the proper way of greeting someone at a business meeting?
The handshake is the proper business greeting. Both men and women should stand when they shake hands.

When you are having lunch with a business associate what is the ideal thing to order?
Remember that the purpose of a business meal is business, not food. Order what you know how to eat, what is easy to eat, and what you like to eat. A business meal is not the time to experiment. Also, order something in the mid-price range. If you order the most expensive item, it will look like you are taking advantage.

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'Round the world wisdom

Stuck in the middle with your goal?

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The finish line of your goal may be far from sight, but this is exactly the wrong to time to kick back and become complacent. ISTOCK

Most of us love the excitement of signing up for a big project. We jump into the endeavour with vigor and are eager to hit the ground running. When the end finally comes into view we get a surge of energy, a finishing kick allowing us to complete the project effortlessly.

When running longer distances, the real challenge is the dreaded middle where you crave that long-gone excitement of the start line, but still can't smell the scent of the finish line.

The ever inhospitable deserts had me and most competitors dozing through the middle of the races, hardly feeling as if we made progress at all. Once I realized I had fallen victim to the blahs, the lesson was as impactful as it was simple: Be it in life, a relationship, a project or racing in the desert, most of our time gets played out in the middle, and it is here we need to work hardest to keep our forward drive intact. I did so by inventing mini personal challenges throughout the middle of my races, this way creating a multitude of starts and finishes.

How do you push through the middle hurdle?

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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Skinny dip your favourite fruit in sweet Baileys Irish Cream Fondue

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Sweet Week. Prepare to feel your teeth ache as Metro gets in the mood with a different Valentine's recipe each day this week

This fondue contains 240 calories per serving. ROSE REISMAN

What makes for a more outstanding Valentine's Day than ending a meal with a luscious chocolate fondue? It's perfect for the romantic couple as well as a great family treat.

Not to mention, a bubbling pot of melted silky chocolate during the coldest month of the year will warm up anyone's heart.

My light chocolate fondue is not an oxymoron! You can definitely have your chocolate and eat it too, without worrying about excess calories, fat and cholesterol. My fondue recipe uses 2 per cent evaporated milk rather than heavy cream, which is traditionally used.

If you want more antioxidants use chocolate with a higher percentage of cocoa. But above 70 per cent cocoa is too bitter for a fondue.

Semi sweet has around 35 per cent cocoa content and suits this recipe well.

You can also experiment with white or milk chocolate, but you may have to add more evaporated milk.

Any liqueur of your choice will work or you can omit completely. My favourites include Kahlua, crème de menthe, Frangelico or fruit liqueur.

Slice up your favourite fruit, dried fruit and some mini marshmallows and you're ready to dip! My favorite fruits for dipping include scrumptious strawberries, bananas, pineapple, honeydew and cantaloupe.

If you don't have a fondue set, just serve in a decorative heat proof bowl surrounded by the dipping ingredients.

Leftover fondue can be refrigerated and reheated for the next dipping party.

Directions

1. In a small saucepan on the lowest heat, combine chocolate and evaporated milk. Whisk constantly for 3 minutes just until chocolate is melted.

2. Add sugar, corn syrup and Baileys and simmer for 5 minutes on the lowest heat, whisking constantly.

3. Place in a bowl or fondue set with ingredients to be dipped.

Ingredients

- 8 oz semi sweet chocolate chips
- 1/2 cup 2% evaporated milk
- 1 cup icing sugar
- 2 tbsp corn syrup
- 2 tbsp Baileys liqueur
- 4 cups combined sliced fruits, dried fruits, mini marshmallows

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Day 2

Canada's momentum slows after historic day

After the best opening day ever at a Winter Olympics, Canada cooled on Day 2 with a single silver medal in figure skating.

The second-place finish in the new team event gave Canada a total of four medals at the 2014 Winter Games in Sochi, Russia.

Canada opened with a medal of every colour Saturday, including Justine Dufour-Lapointe's gold in women's moguls.

The stated objective for Canada is to win the overall medal count after finishing third with 26 in 2010.

THE GOOD

- Canada's figure skaters should feel good about themselves heading into their individual events after capturing silver in the new team event. A showdown is brewing in men's singles between Canada's Patrick Chan and Russia's Evgeni Plushenko.

THE BAD

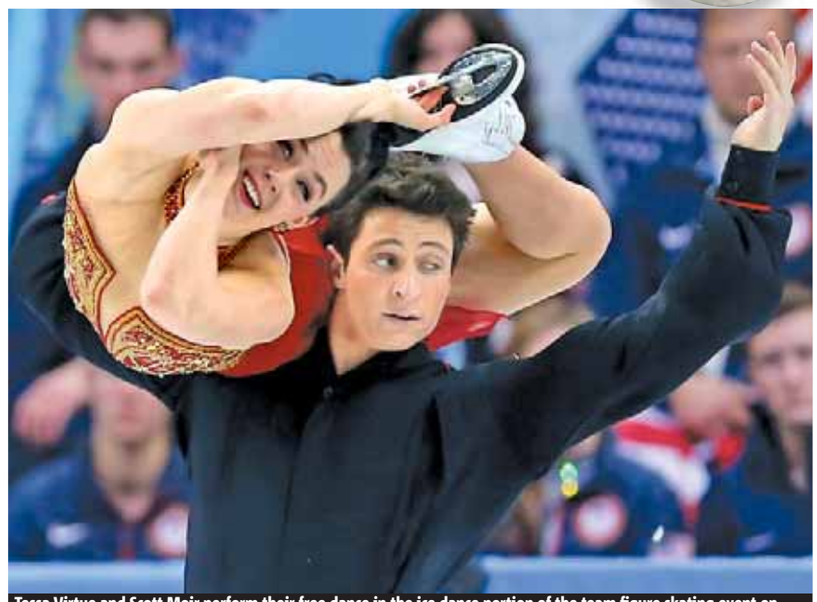
- Snowboard slopestyle world champion Spencer O'Brien of Courtenay, B.C., had a rough day at Rosa Khutor Extreme Park and finished last. A tearful O'Brien told reporters she was "really sad that I let Canada down."
- No medal in men's downhill, although Erik Guay of Mont Tremblant, Que., Manny Osborne-Paradis of Invermere, B.C. and Calgary's Jan Hudec have another chance in Sunday's super-G to end a 20-year medal drought in alpine skiing.
- Alex Harvey of St-Ferréolles-Neiges, Que., will have more chances at a cross-country medal at these Winter Games, but he was 18th in his first attempt in the men's skiathlon.

Canada's Sunday grade: C

THE CANADIAN PRESS

Bittersweet silver for Virtue, Moir

Figure skating.
Canada places second in inaugural team event, but duo worried about ground lost on American rivals



Tessa Virtue and Scott Moir perform their free dance in the ice dance portion of the team figure skating event on Sunday in Sochi, Russia. MATTHEW STOCKMAN/GETTY IMAGES

Scott Moir peered up the point spread and cursed quietly under his breath.

Then somebody reminded him he'd just won an Olympic medal.

Canada captured silver in the new team figure skating event at the Sochi Olympics on Sunday, but it came with mixed feelings.

Elation for Kevin Reynolds, who filled in admirably for Patrick Chan in his first international event this season. Shock for Tessa Virtue and Moir, who lost to American ice dance rivals Meryl Davis and Charlie White by their largest margin ever.

"We got smoked today, not even close," said Moir, Canada's team captain. "We just can't be that way ... it's not fun to be seven points behind in the free program. We don't plan on being there in a week."

Cheered on by an arena filled largely by its countrymen, President Vladimir Putin, and a burly man banging on a huge bass drum, Russia clinched its first gold medal of the Games with a dominant 75 of a possible 80 points. The Canadians had 65, five more than the third-place Americans.

The nine-member Canadian team — Virtue and Moir, Chan, Reynolds, Kaetlyn Osmond, Meagan Duhamel and Eric Radford and Kirsten Moore-Towers and Dylan Moscovitch — grabbed each other in a massive group hug afterward.

They clasped hands in a Broadway style bow in the flower ceremony. Moir, however, didn't get a bouquet — the presenters were somehow one bouquet short — so Virtue reached over and clasped his hand and they held her flowers together.

In the post-podium victory lap, Moir sailed a huge Canadian flag over his head.

"We couldn't be happier for our team," Virtue said. "It's been so much fun to cheer on our teammates all week long, they've had a lot of personal bests, a lot of special Olympic moments and it doesn't get any better than that."

But Canada's defending ice dance champions have to hope for much better when their individual event begins next Sunday.

Davis and White, who had never beaten the Canadians in the free dance by more than about a point-and-a-half, scored 114.34, topping them on the technical score and all five components — what used to be the artistic — scores.

THE CANADIAN PRESS

Quoted

"We'll take a night here and celebrate with our team, but you can already see the wheels turning in my head..."
Scott Moir

Highlight of the night

Kevin Reynolds, a shaggy-haired 23-year-old from Coquitlam, B.C., had Canada's best performance of the night, landing three quad jumps to finish second behind Russian veteran Evgeni Plushenko in his first international competition of the season.

Chan savours his first Olympic medal

Patrick Chan cheers on his peers on Sunday in Sochi.
DARRON CUMMINGS/THE ASSOCIATED PRESS

Patrick Chan collected his first Olympic medal Sunday, with the hope of more to come in the men's individual figure skating event.

But after watching teammate Kevin Reynolds, singles competitor Kaetlyn Osmond and ice dancers Scott Moir and Tessa Virtue wrap up the inaugural Olympic team figure skating competition, the three-time world champion from Toronto was feeling the glow of a Canadian silver medal.

Chan skated the short program to kick off the team event Thursday. Chan was fifth four years ago at the Olympics in Vancouver.

The 23-year-old Chan was on hand to cheer on his teammates in the Iceberg Skating Palace at the three-day event.

"Extremely nice," he said of winning a medal, which will be awarded at a ceremony Monday. "It's surreal, it's extremely surreal."

The men's event will begin on Thursday and conclude Friday. THE CANADIAN PRESS

Quoted

"And to win a medal and to have such teammates, it really makes me proud to be Canadian." Patrick Chan

4 SPORTS

Sister act strikes gold for Canada

Canadian sisters Justine Dufour-Lapointe, left, and Chloe Dufour-Lapointe show off their gold and silver medals from women's freestyle moguls at the 2014 Sochi Winter Olympics on Sunday. NATHAN DENETTE/THE CANADIAN PRESS

Sochi 2014. Freestyle skiers Justine and Chloe Dufour-Lapointe make Canadian Olympic history

Skiing sisters Justine and Chloe Dufour-Lapointe won over many new fans as the first Canadian siblings to medal in the same Olympic event.

But in a packed news conference Sunday, Chloe wept as she reflected on two of their most important influences: their parents.

"I'm sorry, I'm overwhelmed," said the 22-year-old women's moguls silver-medallist. "This is the best moment in my life."

She said she and her two sisters — 19-year-old gold-medallist Justine and 25-year-old Maxime, who competed in the same event but didn't place — knew they couldn't let their parents down after they'd made sure their daughters had everything they needed to participate in sports.

"You would think that it's not a big deal because it's a run down the hill," Chloe Dufour-Lapointe said. "But there are years of training behind it and I just told myself, 'You have to be very brave, you have to do what you can.'"

The moment loosened up a tightly orchestrated news conference, with French and English-speaking journalists squabbling about which language answers should be spoken in and where everyone should stand when the athletes entered the room with their parents.

The middle sister made the affair a family celebration, where the girls and their parents talked about sharing pea soup, summers on a sailboat and sibling rivalry.

And the future, too — Maxime said she plans to definitely compete again to try to match her sisters, and Justine speculated about launching a clothing line.

Sitting next to them, their father, Yves Lapointe, was asked about the sacrifices he'd made to get them to that point.

The engineer said he wouldn't put things that way.

"It's all about choices — what you want to do," he said. "Sacrifices, I don't think is the right word. Choice is much better."

THE CANADIAN PRESS

Bump and Jump

If Alexandre Bilodeau of Rosemère, Que., and Mikael Kingsbury of Deux-Montagnes, Que., continue their dominance, Canadians will be celebrating another 1-2 finish in moguls on Monday.

- **Double Trouble.** The two skiers have dominated the World Cup circuit this season and Bilodeau is the defending champion after his 2010 win where he became the first ever Canadian to win Olympic gold on home soil.

Figure Skating

Parkinson hits personal best

Ottawa-born Paul Bonifacio Parkinson scored a season-best score in his free skating program Sunday as Italy finished fourth at the inaugural team figure skating event at the Sochi Olympics.

Parkinson, who turns 23 next Sunday, was given a score of 121.23, up from the 120.70 he posted at the Nebelhorn Trophy last September.

Still the score left him last among the men competing in the five-country final field. Russia's Evgeni Plushenko won with the free program with a score of 168.20, ahead of Canadian Kevin Reynolds (167.92).

The rankings translate into points for the team standings. Russia ultimately won gold with 75 points, ahead of Canada (65) and the U.S. (60). Italy was fourth with 52 points.

The three-day team event featured a male, female, pairs and ice dance couple from each country competing.

Parkinson holds dual citizenship by virtue of his mother, who was born in Italy. THE CANADIAN PRESS

Curling. Canada, Norway are dressed for success

The Norwegian curlers have their kaleidoscope pants, but the Brad Jacobs team out of Sault Ste. Marie, Ont., is fiery, fit and ready to show it at the Winter Games.

Expect to see an intense Canadian men's curling team in form-fitting clothes when they step on the ice to open the Olympic curling competition Monday.

"We're going to be bringing everything we've got to every single game and the emotion that pours out of us sometimes, we can't control it," the skip says. "You can see that on the ice when a big shot is made and we all explode together.

"The Norwegians are famous for their pants and bring a lot of colour to the game. Our team is known for the tight shirts and tight uniforms more than the colourful pants."

The Canadian men open against Germany's John Jahr and Switzerland's Sven Michel at the Ice Cube Curling Centre on Monday.

The Jennifer Jones team out of Winnipeg takes on China's Bingyu Wang, the 2010 bronze medallist, to kick off the women's round-robin Monday.

Canada's Brad Jacobs delivers the rock during a men's curling training session in Sochi on Sunday. WONG MAYE-E/THE ASSOCIATED PRESS

Jacobs, third Ryan Fry and brothers E.J. and Ryan Harnden on the front end are riding a rocket that launched when curling nomad Fry joined the team a year and a half ago following stints with the Brad Gushue and Jeff Stoughton teams.

The foursome won the 2013 Tim Hortons Brier for their first Canadian title for all four of them. They finished second at their first world championship, falling to Sweden's Niklas Edin in the final.

Jacobs defeated heavyweights Stoughton, Glenn Howard and Kevin Martin en route to a perfect 8-0 record at December's trials.

THE CANADIAN PRESS

MEDALS

(through 13 medal events)

Nation	G	S	B	Total
Norway	2	1	4	7
Netherlands	2	1	1	4
United States	2	0	2	4
Canada	**1**	**2**	**1**	**4**
Russia	1	2	1	4
Austria	1	1	0	2
Sweden	0	2	0	2
Czech Republic	0	1	1	2
Italy	0	1	1	2
Germany	1	0	0	1
Poland	1	0	0	1
Slovakia	1	0	0	1
Switzerland	1	0	0	1
Finland	0	1	0	1
Slovenia	0	1	0	1
Britain	0	0	1	1
Ukraine	0	0	1	1

WHAT CANADA DID

SUNDAY

ALPINE SKIING

Men's downhill — Erik Guay, Mont-Tremblant, Que. (21st overall, two minutes 7.04 seconds); Ben Thomsen, Inveremere, B.C. (19, 2:08.00); Jan Hudec, Calgary (21, 2:08.49); Manuel Osborne-Paradis, Vancouver (25, 2:09.00).

BIATHLON

Women's 7.5-kilometre Sprint — Rosanna Crawford, Canmore, Alta., (25th, 22:10.8, one penalty); Megan Imrie, Falcon Lake, Man. (31, 22:19.5 (1); Zina Kocher, Red Deer, Alta. (32, 22:25.5 (2); Megan Heinicke, Prince George, B.C., (59, 23:34.5 (3).

CROSS-COUNTRY SKIING

Men's 30-km Skiathlon — Alex Harvey, St-Ferreol-les-Neiges, Que. (18th, one hour 10 minutes 0.2 seconds); Ivan Babikov, Canmore, Alta. (25, 1:10:14.6); Graeme Killick, Fort McMurray, Alta. (45, 1:13:16.1).

FIGURE SKATING

Team Event (free skates)

Men — Kevin Reynolds, Coquitlam, B.C., (second, 167.92 points); **Ladies** — Kaetlyn Osmond, Marystown, N.L (fifth, 110.73); **Ice Dance** — Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont. (second, 107.56) — **Canada won the silver medal** with 65 points.

LUGE

Men's singles — Sam Edney, Calgary (placed 11th overall in event with a time of 3:29.777 after four runs); Mitchel Malyk, Calgary (26, 3:32.157); John Fennell, Calgary (27, 3:32.716).

SKI JUMPING

Men's K90 (normal hill) individual — Mackenzie Boyd-Clowes, Calgary (ranked 36th after first jump with 114.4 points); Dusty Korek, Calgary (39, 111.1) — neither qualified for second and final jump.

SNOWBOARDING

Women's slopestyle — Spencer O'Brien, Courtenay, B.C. (12th overall in final round with best run of 35.00 points); Jenna Blasman, Kitchener, Ont. (11th in semifinals, 32.25 - did not qualify for final).

SPEEDSKATING (LONG TRACK)

Women's 3,000 — Brittany Schussler, Winnipeg (20th, 4:14.65); Ivanie Blondin, Ottawa (25, 4:18.70).

SUNDAY'S RESULTS

ALPINE SKIING

At Krasnaya Polyana, Russia

MEN'S DOWNHILL

(starting position in parentheses)

1. (11) Matthias Mayer, Austria, two minutes 6.23 seconds; 2. (20) Christof Innerhofer, Italy, 2:06.29; 3. (8) Kjetil Jansrud, Norway, 2:06.33; 4. (18) Aksel Lund Svindal, Norway, 2:06.52; 5. **Also — 10. (21) Erik Guay, Mont-Tremblant, Que., 2:07.04; 19. (6) Ben Thomsen, Inveremere, B.C., 2:08.00; 21. (2) Jan Hudec, Calgary, 2:08.49; 25. (28) Manuel Osborne-Paradis, Vancouver, 2:09.00.**

CROSS-COUNTRY SKIING

At Krasnaya Polyana, Russia

MEN'S 30-KILOMETRE SKIATHLON

1. Dario Cologna, Switzerland, one hour eight minutes 15.4 seconds; 2. Marcus Hellner, Sweden, 1:08:15.8; 3. Martin Johnsrud Sundby, Norway, 1:08:16.8. **Also — 18. Alex Harvey, St-Ferreol-les-Neiges, Que., 1:10:00.2; 25. Ivan Babikov, Canmore, Alta., 1:10:14.6; 45. Graeme Killick, Fort McMurray, Alta., 1:13:16.1.**

BIATHLON

At Krasnaya Polyana, Russia

WOMEN'S 7.5-KILOMETRE SPRINT

(penalty laps in parentheses)

1. Anastasiya Kuzmina, Slovakia, 21:06.8 (0); 2. Olga Vilukhina, Russia, 21:26.7 (0); 3. Vita Semerenko, Ukraine, 21:28.5 (0); **Also — 25. Rosanna Crawford, Canmore, Alta., 22:10.8 (1); 31. Megan Imrie, Falcon Lake. Man., 22:19.5 (1); 32. Zina Kocher, Red Deer, Alta., 22:25.5 (2); 59. Megan Heinicke, Prince George, B.C., 23:34.5 (3).**

FIGURE SKATING

TEAM EVENT (FINALS)

Men — 1. Evgeni Plushenko, Russia, 168.20 points; **2. Kevin Reynolds, Coquitlam, B.C., 167.92**; 3. Tatsuki Machida, Japan, 165.85; 4. Jason Brown, U.S., 153.67; 5. Paul Bonifacio Parkinson, Italy, 121.23; **Ladies** — 1. Julia Lipnitskaia, Russia, 141.51; 2. Gracie Gold, U.S., 129.38; 3. Valentina Marchei, Italy, 112.51; 4. Akiko Suzuki, Japan, 112.33; **5. Kaetlyn Osmond, Marystown, N.L, 110.73**; **Ice Dance** — 1. Meryl Davis and Charlie White, U.S., 114.34; **2. Tessa Virtue, London, Ont., and Scott Moir, Ilderton, Ont., 107.56**; 3. Elena Ilinykh and Nikita Katsalapov, Russia, 103.48; 4. Charlene Guignard and Marco Fabbri, Italy, 81.25; 5. Cathy Reed and Chris Reed, Japan, 76.34.

Final Standings — 1. Russia, 75 points; **2. Canada, 65**; 3. U.S., 60; 4. Italy, 52; 5. Japan, 51.

SNOWBOARDING

At Krasnaya Polyana, Russia

WOMEN'S SLOPESTYLE

Final Rankings

1. Jamie Anderson, U.S., 95.25; 2. Enni Rukajarvi, Finland, 92.50; 3. Jenny Jones, Britain, 87.25; 4. Sina Candrian, Switzerland, 87.00; 5. Sarka Pancochova, Czech Republic, 86.25; **Also — 12. Spencer O'Brien, Courtenay, B.C., 35.00; Semifinals — 11. Jenna Blasman, Kitchener, Ont., (32.25; 10.50) 32.25 (did not advance).**

WOMEN'S HOCKEY

PRELIMINARY ROUND

Sunday's results

Sweden 1 Japan 0

Russia 4 Germany 1

Saturday's results

Canada 5 Switzerland 0

U.S. 3 Finland 1

Monday's games

U.S. vs. Switzerland, 5 a.m.

Finland vs. **Canada**, 10 a.m.

NHLers blazing a trail into Sochi

The NHL is officially on break now, with many of its top players flying to Russia on Sunday to prepare for the start of the Olympic hockey tournament on Wednesday. Here's a look at six of the hottest NHL performers heading into Sochi:

TORSTAR NEWS SERVICE Photos by Getty Images

Phil Kessel (Leafs/USA)

Having his best season as a Leaf, he has been the NHL's top scorer since Jan. 1 (11 goals, 17 assists in 19 games). He's second in the league in goals and fourth in points, and has hit top-10 status in several NHL player power rankings.

Henrik Lundqvist (Rangers/Sweden)

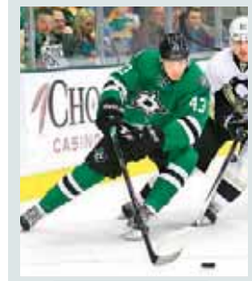
Also red hot since Jan. 1, he's second in NHL in wins (10), goals-against average (1.91) and save percentage (.937) in 2014. He looks to be in peak form, and will have arguably the most skilled defence in front of him at the Olympics.

Jamie Benn (Stars/Canada)

Has 22 goals and 51 points, easily on pace for new career highs. It's a first Olympic appearance for Benn, who many believe will be one of the top forwards in the game.

Patrice Bergeron (Bruins/Canada)

Had two goals on Saturday against Ottawa in the final pre-Olympic game, has led the Bruins to nine wins in their last 11 and sits just behind Anze Kopitar in Corsi-for percentage.

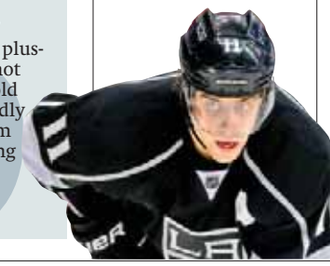


Valeri Nichushkin (Stars/Russia)

Has 12 goals and 27 points along with a plus-15 for the Stars — not bad for an 18-year-old rookie who deservedly got the nod for Team Russia. When playing well, he's hard to contain.

Anze Kopitar (Kings/Slovenia)

He currently sits third in even-strength Corsi-for percentage at 61.1, and is set to make history by becoming the first player in Olympic hockey to be coached by his father (Matjaz Kopitar).



Bouchard leads Canada to Fed Cup tennis playoffs

World Group II. Teen dominates Serbians to help country earn shot at highest division

Eugenie Bouchard did everything she could to help her country.

Bouchard won both her singles matches, including the clincher on Sunday, to power Canada to a 3-1 victory over Serbia in its Fed Cup World Group II tie over the weekend.

In beating Serbia's Vesna Dolonc 6-0, 6-3, the Montreal native gave Canada a 3-0 lead in the best-of-five tie in front of her hometown fans at the Claude-Robillard Sports Complex.

"I think I played two solid matches, and I helped Canada," said Bouchard, 19. "I'm very proud of that. The whole team was very excited all week."

Bouchard agreed to represent her country in the Fed Cup despite her busy international schedule. On Monday, she hops on a plane to Doha, Qatar, where she faces American Bethanie Mattek-Sands in the Qatar Open the following day.

Eugenie Bouchard celebrates after beating Serbia's Vesna Dolonc in Montreal, Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

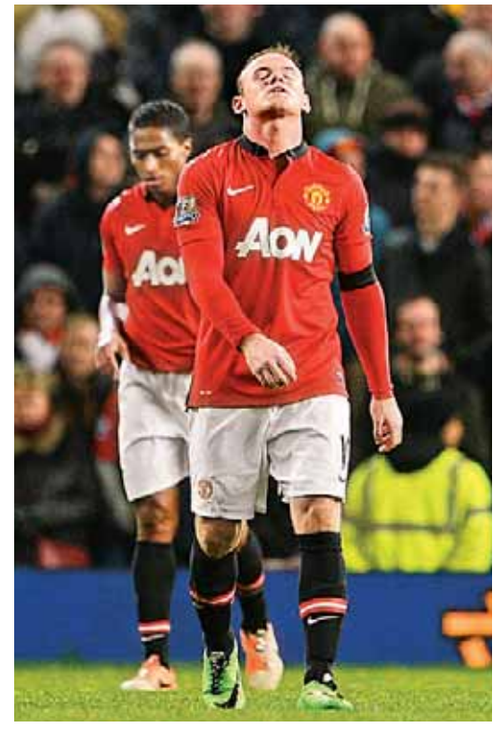
But Bouchard, who's represented Canada since 2011, thinks that's a small price to pay for wearing the Maple Leaf on her cheek, as she did over the weekend.

"I fully embrace it. It comes with the job," she said. "This is where I want to be. I love playing for my country. I try to enjoy every moment when I play for Canada."

On Saturday, Bouchard beat the No. 149-ranked Jovana Jaksic 6-1, 6-0 in a dominant performance to give Canada a 2-0 advantage after her teammate Aleksandra Wozniak of Blainville, Que., defeated Dolonc 7-5, 2-6, 6-4.

Canada will now advance to the World Group playoffs, giving the team a chance to advance from the World Group II to a higher division that includes the world's eight best teams.

A draw on Tuesday will determine Canada's next opponent, and whether that tie will be held at home or on the road, when the Fed Cup resumes on April 19. THE CANADIAN PRESS



EPL's worst stuns United

Wayne Rooney reacts after Fulham's second goal during a match at Old Trafford on Sunday in Manchester, England. A late fight back by Manchester United counted for little as Darren Bent scored in the fourth minute of stoppage time to claim a 2-2 draw for the Premier League's bottom team against the struggling champions on Sunday.
MICHAEL REGAN/GETTY IMAGES

NCAA basketball

NBA prospect Smart apologizes for pushing fan

Marcus Smart was quiet and subdued as he apologized at a podium, a demeanour in stark contrast to the one that sent shockwaves through Oklahoma State's basketball program hours earlier.

Smart was suspended three games Sunday by the Big 12 for shoving a fan in the closing seconds of the Cowboys' loss at Texas Tech on Saturday night.

Smart apologized to the fan, his teammates and his family for his role in the altercation.

"This is not how I conduct myself," said Smart, a top NBA prospect. "This is not how the program is run. This is not how I was raised. I let my emotions get the best of me. It's something I'll have to learn from, a lesson I'll have to learn from...."

Late in Saturday night's game, Smart tumbled out of bounds after trying to block a shot. He was helped to his feet and then shoved Jeff Orr with two hands after it appeared the Red Raiders fan said something to him. THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
If someone is behaving badly that does not mean you have to follow their example. This is going to be an important week, especially for relationships, so don't go annoying people just for the fun of it.

♉ Taurus
April 21 - May 21
Don't be afraid to admit that you are out of your depth. The moment you speak up, you will have friends and family members rushing to assist you, so why suffer in silence?

♊ Gemini
May 22 - June 21
Mars in Libra endows you with amazing levels of energy and huge self-belief. However, no matter how confident you feel, you would be wise not to take anything for granted.

♋ Cancer
June 22 - July 23
Don't worry too much if not a lot is going right for you. Later in the week the tide will turn in your favour and you will be in control of your own destiny again. You have little to fear and lots to look forward to.

♌ Leo
July 24 - Aug. 23
Steer clear of others' disputes today. No matter how well-intentioned you may be, you are likely to end up supporting the wrong side, which won't do your rep for picking winners much good.

♍ Virgo
Aug. 24 - Sept. 23
Someone who is down on their luck will come to you for assistance and you won't have the heart to turn them away. Hopefully you'll also have the sense to see that their troubles are of their own making.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign makes you confident and assertive but you are still advised to start the week slowly and carefully. Save yourself for next weekend when you'll be a winner in everything you do.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if you feel gloomy today because you will brighten up later in the week. If you don't feel like working or socializing, don't force yourself. Sit quietly, and meditate.

♐ Sagittarius
Nov. 23 - Dec. 21
Put feelings of regret and remorse behind you and act as if life has never been better. Even a livewire Sag gets a bit down now and again but you bounce back faster than most.

♑ Capricorn
Dec. 22 - Jan. 20
You will find it easier to be assertive on the work front over the next seven days but don't go too far and give others the impression that you are turning into a dictator. Persuasion always works better than coercion.

♒ Aquarius
Jan. 21 - Feb. 19
The message of the stars as the new week begins is you have nothing to worry about. For some reason though you can't help but be suspicious and that could cause problems with colleagues.

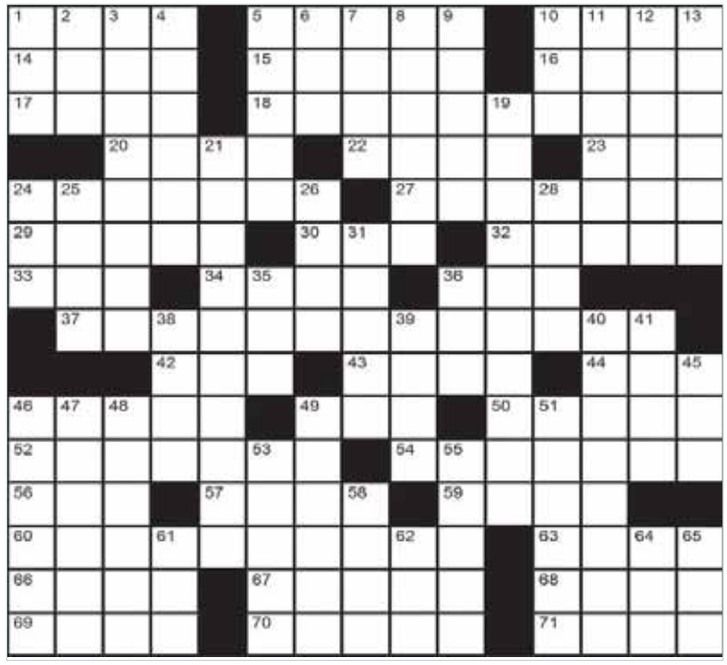
♓ Pisces
Feb. 20 - March 20
You may be tempted to cut corners but if you do you will be found out around the time of the full moon on the 14th.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

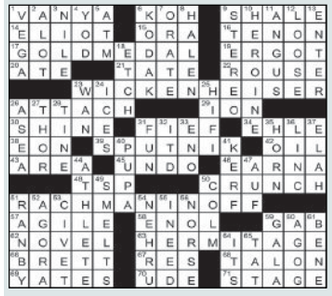
BY KELLY ANN BUCHANAN



Across
1. __ Park, in Hamilton
5. 13th-century Russia invader
10. Engaged guy's event
14. Seed covering
15. Came about
16. Space
17. "Am _ __ early?"
18. Canadian Country Music: Stephanie Cadman, Kendel Carson and Miranda Mulholland's trio: 2 wds.
20. Corleone Family leader
22. Salt amount
23. Tub
24. "A Little Respect" group
27. Prehistoric stone artifact
29. Radio dial
30. Perform
32. "The War of the __" (1989)
33. House room
34. Ms. Reid
36. "Jeff __." (Canadian comedy series)
37. SOCHI 2014 - Biathlon component: 2 wds.
42. Celtic sea god
43. Hair removal brand
44. Goon
46. Font flourish
49. Volcano's spewn material
50. "Are too!" comeback: 2 wds.
52. "Kate & __" (2001)
54. Disentangles
56. Ms. Rand
57. Origin
59. Hosp. readouts
60. Canadian History: 1839 'Report' writer: 2 wds.
63. Thunderbirds org.
66. "____ the other hand..."
67. Manage: 2 wds.
68. Cars: __, oil and filter
69. Ms. Suvari
70. __ Edibles (Mrs. Garrett's gourmet shop on "The Facts of Life")
71. Prophet

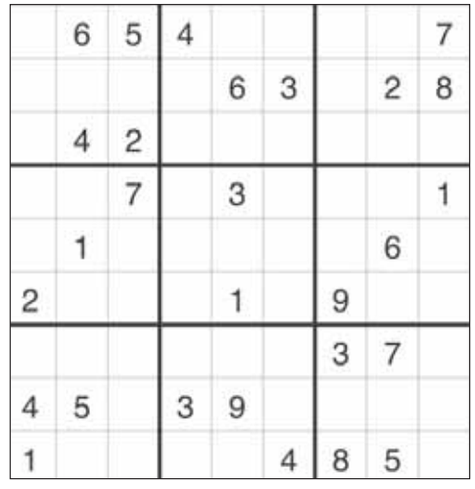
Down
1. Moo goo __ pan (Take-out dish)
2. Painting
3. Explorer-to-Canada, John Cabot aka __ Caboto
4. The Plaza Hotel's fictional resident
5. Small drum
6. Standard song: "Chances __"
7. Narrated
8. Tilted
9. Peanut Butter Cups bigwig, H.B. __
10. Roosted
11. Country singer
Mr. Tritt
12. Get the drink to fizz
13. Actress Jennie, and surnamesakes
19. SOCHI 2014 - Icy sport: 2 wds.
21. Saskatchewan town
24. LAX posting
25. Penitent person
26. Sense organs
28. CCR tune
31. Lyricist Sammy, and surnamesakes
35. Ireland's flyer, __ Lingus
36. Law, in Lyon
38. Impertinent
39. Honolulu's home
40. Trivial matter
41. British prison
45. Mil. posts
46. SOCHI 2014 - Alpine Skiing event
47. A.A. Milne character
48. The Crystals hit: "Da Doo __ __"
49. Worshipped
51. SOCHI 2014 - Freestyle Skiing event
53. Scoundrel
55. Jules Verne's captain, and others
58. So
61. Genetic stuff
62. __ _ crossroads
64. Pres. Lincoln
65. Iron: French

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

5	4	3	7	6	1	8	9	2
7	2	9	8	4	3	1	5	6
6	1	8	9	2	5	3	7	4
2	6	1	4	5	7	9	8	3
8	5	4	2	3	9	7	6	1
3	9	7	1	8	6	4	2	5
4	3	6	5	9	8	2	1	7
1	8	2	6	7	4	5	3	9
9	7	5	3	1	2	6	4	8

Today
-8°/-20°
Partly cloudy

Tuesday
-10°/-17°
Sunny

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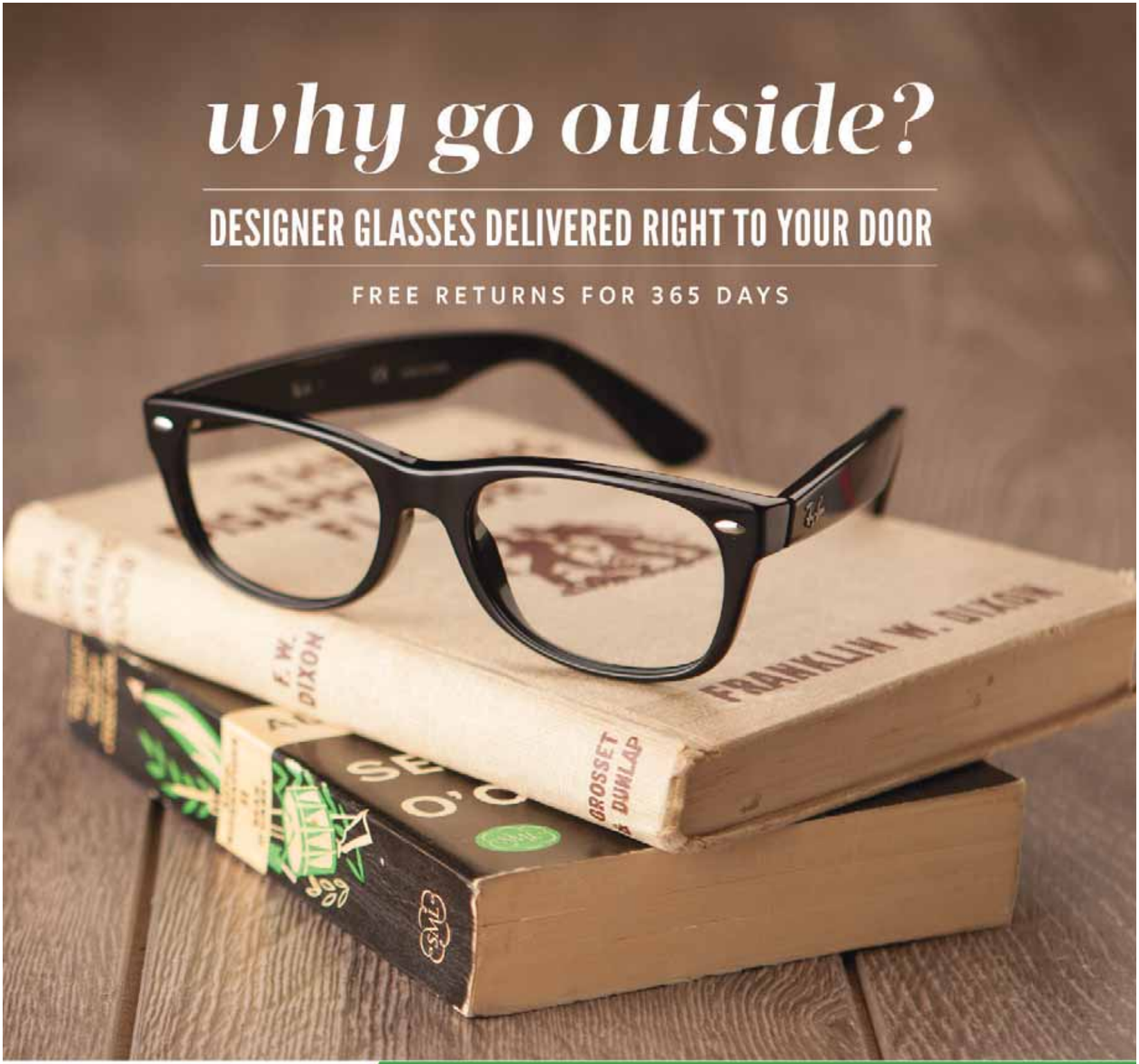

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